Healthy Lifestyle Changes JEOPARDY

Body Mass Index	Time to Quit Tobacco	Diet and Weight	Stress Management	Lifestyle Changes
$100	$100	$100	$100	$100
$200	$200	$200	$200	$200
$300	$300	$300	$300	$300
$400	$400	$400	$400	$400
$500	$500	$500	$500	$500

BMI $100

2 pounds a week.

Answer

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Answer $100

- What is a recommended weekly weight loss for a comprehensive weight management program?

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BMI $200

Adults aged 20-65 years.

Answer

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Answer $200

Who is the Body Mass Index designed for?

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BMI $300

22%

Answer

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Answer $300

- What is the BMI range for adult males in the Navy from 17-39 years old?

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BMI $400

33%

Answer

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Answer $400

What is the BMI range for adult females in the Navy from 17-39 years old?

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BMI $500

23% and 34%

Answer

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Answer $500

- What is the Body Fat percent allowed for Navy men and women 40 years and older?

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Time to Quit Tobacco
$100

Within 20 Minutes

Answer

Back to

Game Board

Answer $100

- How long does it take for blood pressure and pulse rate to drop to normal?

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Time to Quit Tobacco
$200

Within 8 hours.

Back to

Answer

Game Board

Answer $200

- How long does it take the carbon monoxide level in your blood to drop and your oxygen level to rise to normal?

Back t
to

Game
Board

Time to Quit Tobacco
$300

Within 24 hours.

Answer

Back to Game Board

Answer $300

- How long does it take for the chance of heart attack to decrease?

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Time to Quit Tobacco
$400
Within 48 hours

Answer

Back to Game Board

Answer $400

- What is how long it takes for nerve endings to start to regroup and to have senses of taste and smell improve?

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Time to Quit Tobacco
$500

Within 3 days.

Back to

Answer

Game Board

Answer $500

- How long does it take for breathing to be easier?

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Diet and Weight $100

Less fat, saturated fat and cholesterol.

Back to

Answer

Game Board

Answer $100

- What is the recommendation by health authorities for your daily diet?

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Diet and Weight $200

Consumption of high levels of saturated fat and cholesterol.

Back to

Answer

Game Board

Answer $200

- What appears to increase your risk of heart disease?

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Diet and Weight $300

No more than 20-30% of total calories.

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Answer

Answer $300

- What is the percentage of total fat calories for daily consumption recommended by nutrition experts?

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Diet and Weight $400

No more than 7-10% saturated fat (animal sources).

Answer

Back to

Game Board

Answer $400

- What is the percentage of total calories from saturated fat recommended by nutritional experts to be consumed daily?

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Diet and Weight $500

Twice the calories.

Answer

Back to

Game Board

Answer $500

- What is the amount of calories fat has over carbohydrates and protein foods?

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Stress Management $100

Stress

Answer

Back to Game Board

Answer $100

- What is a normal, vital part of living?

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Stress Management $200

Emotional and physical illness.

Answer

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Answer $200

- What can poorly managed stress lead to?

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Stress Management $300

Nervousness, irritability, insomnia, indigestion.

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Answer

Answer $300

- What are some symptoms you may experience with overstress?

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Stress Management $400

Excitement and anticipation of desired events.

Answer

Back to

Game Board

Answer $400

- What are some types of positive stress?

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Stress Management $500

Anger, rejection, guilt and fear.

Answer

Back to Game Board

Answer $500

- What are some types of negative stress?

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Lifestyle Changes $100

A written contract to change.

Answer

Back to Game Board

Answer $100

- What you can use as an effective tool in directing healthy behavior.

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Lifestyle Changes $200

Enlist the help of family and friends.

Answer

Back to

Game Board

Answer $200

- What can you do to help support you in your efforts to be healthy?

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Lifestyle Changes $300

Make changes in small, achievable steps.

Back to

Answer

Game Board

Answer $300

- What can you do to move towards healthy lifestyle goals?

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Lifestyle Changes $400

Substitute healthier behaviors for unhealthy ones.

Back to

Answer

Game Board

Answer $400

- What can you do to be proactive in your journey to change to better health?

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Lifestyle Changes $500

An ongoing process.

Back to

Answer

Game Board

Answer $500

- What should you view a lifelong pursuit of well-being as?

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